

DISCOVERY

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EVERY AIRMAN A FORCE MULTIPLIER

Vol. 30, No. 11 - Friday, June 2, 2006 - Brooks City-Base, TX

for dominant air and space power

SPORTS DAY TUG-OF-WAR



Photo by Tech. Sgt. Alfonso Ramirez Jr.

Sports Day participants compete in the tug-of-war, an event eventually won by the Human Systems Group. The victory wasn't enough to carry HSG to the top of the standings, however, as the 68th Information Operations Squadron captured the overall title and won the trophy as Sports Day champions. See story on page 14

Stay safe during 101 Critical Days

By Elizabeth Castillo

Discovery writer

As Memorial Day came and went, the Air Force began its yearly campaign to reduce the number of fatalities and mishaps throughout the Air Force.

101 Critical Days of Summer was created in the early 1980's in response to the increasing numbers of fatalities occurring between Memorial Day Weekend and Labor Day Weekend. These accidents may occur due to more time spent participating in outdoor activities and sometimes avoiding hazards.

The elevated mishap rate during these months is due to people engaging in outdoor sports that have higher risks such as sailing, skiing, rock climbing, boating, and motorcycling. However, risks are not limited to extreme sports and a simple road trip can have potential dangers. Fatigue is an increasing danger that can inhibit

See 101 Critical Days/Page 5

Brooks gears up for annual picnic

By Elizabeth Castillo

Discovery writer

The Brooks community can soon take a break from the dog days of summer to share in an afternoon of fun in the sun with friends and family at the annual base picnic.

Base personnel are invited to enjoy the day with food, games and festivities for all ages. The base picnic, which takes place June 9 from 11 a.m. to 5 p.m., will feature activities in support of its theme: "Go the Distance: Military & Community."

"There will be something for everyone to do," said Jan McMahon, publicist for the 311th Mission Support Group.

Located at Pavilion 2 at the base picnic grounds, the day-long event will kick off with the post-

ing of colors and the singing of the National Anthem. From 11:30 a.m. to 2 p.m., Sherri Mell will offer pony rides and a petting zoo for picnic goers. Early afternoon music will be provided by the Proud Eagle Jazz Band from St. Margaret Mary's Catholic Church. Beginning at 1 p.m., a D.J. will provide music throughout the duration of the event.

There will be numerous food booths serving picnic favorites like hot dogs, nachos, Frito pie, sausage wraps and many other tasty treats. Along with the food booths, there will be several drink booths, quenching the thirst of guests with lemonade, iced tea, bottled water, snow cones and some alcoholic beverages.

The wide variety of food will fuel the energy for the many planned games and competi-

tions. There will be a domino tournament and a 2-ball basketball competition at 1 p.m., followed by a sand volleyball game at 2 p.m.

The picnic will supply entertainment for all ages with many child-oriented activities planned throughout the day. In addition to the pony rides and petting zoo, there will be a trackless train ride, giving children the opportunity to view the picnic from its perimeter. Children can also compete in a "team challenge," an inflatable obstacle course with multiple challenges for competitors.

Numerous carnival type games will give participants the chance to win prizes by smashing cans, ringing bottles, playing tic-tac-toe and more.

Along with the prizes to be won at the carnival games, door

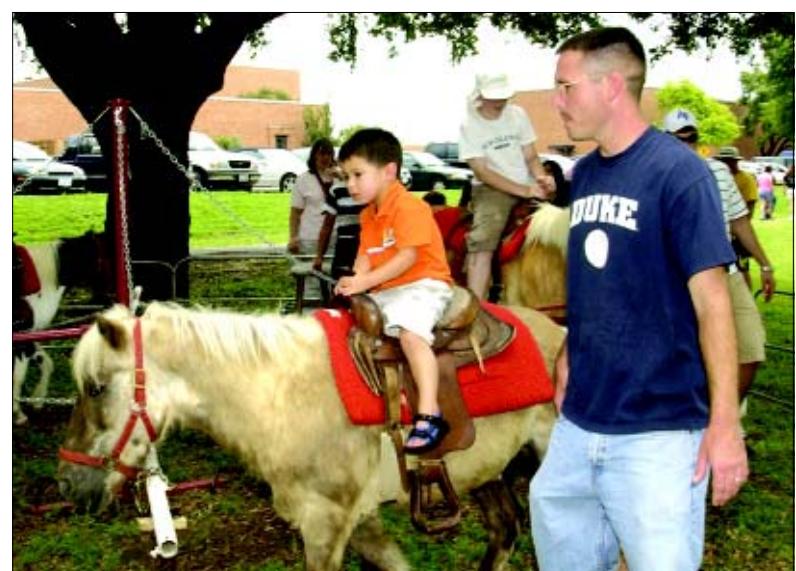


Photo by Tech. Sgt. Alfonso Ramirez Jr.
A child at last year's base picnic enjoys a pony ride. The pony rides, along with food, drink and numerous other activities, will again be a part this year's picnic, planned for June 9.

prizes will be given which include the chance to win a television set, c.d. players and boom boxes.

Through the support of the many volunteers and the participation of the Brooks community

and their families, this year's annual base picnic is set to "Go the Distance."

"Bring the family, come out have fun and enjoy the great food," said Ms. McMahon

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First part of two-part series highlighting the natural history at Brooks
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New additions to AFMC Wellness and Safety Campaign

By Kathleen Lopez

Air Force Materiel Command Public Affairs

For Air Force Materiel Command's Wellness and Safety Campaign, June 1 proved the old adage that things come in threes — confirming the campaign's slogan, "Wellness is an Attitude," is well on its way to incorporating itself into the command's vernacular.

First, the online AFMC Wellness Support Center, which debuted April 17 but was accessible only to command civilians, now is accessible to command active-duty members. Next, is the rollout of the campaign's voluntary incentive program, in which registered participants can earn points toward prizes as they reap the benefits of physical fitness. Finally, June 1 marked the kickoff of the campaign's voluntary 10,000 Steps-a-Day Get Out and Walk Program, where registered participants can receive a complimentary pedometer, and become more cognizant of their physical activity.

Wellness support center

The online support center, which first serviced the command's civilian employees, now is available to AFMC's active-duty members. To access the site, AFMC Airmen can log onto <http://www.afmcwellness.com>, and click on either the "AFMC Active-Duty Wellness" link, or "AFMC Civilian Wellness" link, respectively. The site can be accessed from government and privately-owned computers.

"Unlike civilians, military members who register on the site do not need to take the health risk appraisal," said Judi Holl, occupational health nurse consultant, AFMC Command Surgeon. "Certainly it is an option. But, military members already are required to take an annual preventative health assessment."

The HRA is an anonymous, voluntary questionnaire geared toward assessing and enhancing an individual's overall quality of life, Ms. Holl said. The active-duty site supports behavioral change that includes tracking participation in wellness activities. The civilian link focuses on the HRA, tracking and logging activities and participation in incentive activities. Unlike the military, there is no baseline of information about the overall wellness of AFMC's civilian work force.

The HRA asks questions that reflect the four dimensions of the WASC, which are physical, social, emotional and spiritual.

"Taking the HRA questionnaire not only gives an individual a baseline for beginning or maintaining his or her own four-dimensional wellness lifestyle, but it also gives insight into the overall well-being of the command as a whole," said Lt. Col. John Leitnaker, Operational Prevention Branch chief, AFMC Command Surgeon.

The online wellness center provides unlimited resources to wellness issues and provides a mechanism to track efforts and progress toward wellness, Colonel Leitnaker said.

Incentive program to earn points

What better way to get motivated to embrace wellness than a little competition — with yourself? Enter the WASC

Individual Incentive Program, in which participants can earn points as they log in their completed wellness activities. In turn, as the points reach certain milestones, incentives are rewarded to individuals.

For example, 2,500 points will earn a backpack; 5,000 points, a "Got Attitude?" T-shirt and 10,000 points a specially-designed wellness coin.

Points are awarded on a daily, weekly or annual basis for actions competed, said Jan Dent, chief of marketing, AFMC Services. But, they must be logged within five days of completing an activity.

Any number of activities can earn points, Ms. Dent said. They range from partaking in fitness activities to eating well to reading various types of literature.

A comprehensive listing is given on the Web site. Ms. Dent said the list of activities will change over time as the program is continuously evolving.

To compete, individuals must be registered on the Web site. Once they have reached a milestone, they must print out a numbered redemption certificate from the Web site and take it to their local Health and Wellness Center, she said.

"The goal of the campaign is for people to get going," Colonel Leitnaker said. "The goal of the incentive program is to encourage them to keep going. The incentives are something nice to strive for. But, really, participants are winning every day by improving their wellness physically, socially, emotionally and spiritually."

Ultimately, WASC leadership plans to take the incentive program beyond individual competition, and have units compete within bases, and bases to compete within the command.

Taking the HRA questionnaire not only gives an individual a baseline for beginning or maintaining his or her own four-dimensional wellness lifestyle, but it also gives insight into the overall well-being of the command as a whole.

Lt. Col. John Leitnaker
Operational Prevention Branch chief,
AFMC Command Surgeon

out and run a few miles or even walk 10,000 steps in a day, but you've got to start somewhere," Ms. Holl said.

Assuming there is no medical advice to the contrary, beginning individuals are encouraged to work their way to a minimum of 10,000 steps a day. More conditioned participants can strive beyond 10,000 steps.

Individuals who register on the wellness Web site are eligible to receive a free pedometer to count their steps, Ms. Dent said. To do so, individuals need to log onto the site and print a pedometer coupon, which, like the incentives certificates, can be redeemed at participants' local HAWC. Only one pedometer will be issued to an individual.

While AFMC headquarters has established an incentive program and introduced a walking program, Ms. Dent said that shouldn't stop base-level directorates and units from creating their own incentive programs.

BROOKS HEALTH AND WELLNESS CENTER

536-4292

**For past issues, visit the Discovery online at
www.brooks.af.mil/HSW/PA/discovery**



68th IOS athlete to train for 2008 Olympic Games



Photo by Rudy Purificato

Senior Airman Matthew Bailey demonstrates one of Taekwondo's many leg kicks during a conditioning workout at the Brooks Fitness Center.

By Rudy Purificato

311th Human Systems Wing

When Senior Airman Matthew Bailey was a self-described 'chubby' kid, he could not have envisioned becoming a world class athlete. Now he has earned his way into an elite training program as one of our nation's best martial artists.

the Junior Olympics from 1999-2001. At 15, he was the youngest person to participate in the Olympic qualifier in Colorado Springs.

At the 2004 Military World Championships in Germany, he demonstrated the true grit of a future Olympian. "I slightly tore my left hamstring. I was fighting on one leg," he said. Nevertheless, he won

This opportunity will allow him to compete for a spot on the U.S. Olympic Taekwondo team that is training for the 2008 Olympic Games to be held in Beijing, China.

At 21, this 68th Information Operations Squadron logistics technician is in his prime as one of the top Taekwondo competitors in America after having won a gold medal at the world class division in Minnesota. More importantly, the Department of Defense has recently selected him for the World Class Athlete program. Sometime this summer, he will be reassigned to Peterson Air Force Base, Colo., to train full time as the Air Force representative on the All-Services Taekwondo team.

"I started to think about the Olympics in 2000," Airman Bailey said, recalling his gold medal performances at

his matches while gaining confidence in himself.

As a consequence of that victory, Airman Bailey is seeded for the U.S. National Championships to be held in Cleveland, Ohio, in November. "Only 24 people make it (qualify) in my division," he said of his status as a featherweight.

About a dozen years ago, however, a slightly rotund kid from Mountain View, Calif., was approaching his fighting weight of 147 pounds with reckless abandon. "My doctor had recommended martial arts to help me lose weight," he said.

He liked the idea because of the discipline associated with the sport. "My dad (Paul) introduced me to Taekwondo in Manassas, Va.," he said about the beginning of his martial arts career at age 8. Nobody in his family, including his Air Force veteran mother Jan and grandfather Lindy, had been martial artists.

"I became interested in it in high school. It was a challenge to me," Airman Bailey said. He said he favored the ancient Korean martial art over football, basketball and soccer because of its superior discipline and coordination requirements.

It took him four years to earn a black belt. Now he is a fourth-degree black belt in the sport where only a handful in the world have attained the highest levels as grand masters (seventh to ninth degrees.)

He studied under Taekwondo master Ghassan Timani in Aurora, Colo. He

learned the sport's cultural, historical and spiritual aspects featuring its five principal tenants: courtesy, integrity, perseverance, self control and indomitable spirit. He also made a pilgrimage with Master Timani in 2000 to Kukkiwon, South Korea, home of the World Tae Kwon Do Federation and the sport's cultural and spiritual center. He trained there and soaked in more knowledge about the sport he is truly passionate about.

However, he said he made his greatest strides as a martial artist after joining the Air Force in 2003. "Because of Taekwondo's discipline, it was an easy transition for me," he said of his Air Force enlistment.

He credits the Air Force for his deeper appreciation for the sport. Since being assigned to Brooks, he has developed as a martial artist through a demanding training regimen. "I know how other people train. I train to their level," he said. His training involves a six hours a day, four days a week routine involving plyometrics – jumping, bounding, and lateral movements that football players also use.

"You use your own force to manipulate an opponent," he said about Taekwondo's offensive strategies that involve sparring (mostly kicking) and forms or body positions and movements. To advance to a higher level, adherents must academically demonstrate through essays

I became interested in (Taekwondo) in high school. It was a challenge to me. I started to think about the Olympics in 2000.

Senior Airman Matthew Bailey
68th Information Operations Squadron

See Taekwondo/Page 11



AFCEE awards contracts totaling \$6 billion

By Marti Cenki

Air Force Outreach Program Office

To transform perceptions is a difficult task, but a recent contract award by the Air Force Center for Environmental Excellence here at Brooks City-Base shattered some old images and adages about small business.

Take, for example, the cliché "small business equals small capability."

In April, AFCEE took a jackhammer to that adage by awarding Heavy Engineering Repair & Construction contracts totaling \$6 billion, with a potential of up to \$15 billion, to 20 firms, including five small disadvantaged businesses (8a's).

These contracts, which are for five years initially, plus three one-year options, are a big "first" for AFCEE: their first all-construction contracts. They are for worldwide construction support, including rebuilding efforts in Iraq and Afghanistan.

Another pioneering step in this contract award is that the contractors had to meet the exact requirements as their large business competitors. They had to match such

prerequisites as the ability to effectively execute projects in remote, austere, and hostile environments worldwide. Additionally, the firms had to match the large businesses in demonstrating bonding of \$50 million per project.

"There are so many firsts in this contract award," said Mary Urey, director of small business for the 311th Human Systems Wing. "By having to meet the same requirements as the large businesses, it laid to rest once and for all the notions about small business abilities. They said we would have zero to five contracts within the set aside portion of the RFP, and we got all five. We got them because those five firms equaled or bested large businesses who competed on the full and open portion of the RFP."

Kimberley Drake, the AFCEE contracting officer who awarded this contract, said that initial reservations were soon swept away.

"At first we were very skeptical that we could hold 8a's to same standards as large firms," she said, "and we held numerous meetings to discuss 'are we be-

ing fair to the 8a's'. But market research showed that they could compete, so we pressed forward."

Also admitting to being a skeptic, Capt. Jessica Woods, the AFCEE technical lead on the contract award, said this contract award validates the competence and expertise of small business.

"I was previously a critic of small business, especially when it came to criteria we were looking at for these contract awards — requirements like geographically dispersed presence in austere, remote and hostile locations," Captain Woods said. "You don't normally expect a small business to have those capabilities. But I got educated by Ms. Urey and the small businesses that competed fairly and squarely with the large companies, and won."

"I was also nervous about the \$50 million bonding. They had to convince me they could do that, and they did," she added.

Ms. Urey said the small business community needs to educate more people from the technical and requirements fields.



Photo by Martie Cenki

AFCEE's Kim Drake (left) and Capt. Jessica Woods joined with Mary Urey (center), director of small business for the 311th Human Systems Wing, to award small business contracts totaling \$6 billion.

"If we can show them the depth, breadth and scope of small business skills, as we did on these contract awards, they will carry that message forward and spread the word that small business means big payback for the Air Force and for the nation's industrial base," she said.



101 Critical Days

from page 1

one's ability to operate and automobile. If planning a trip, it is important that the driver prepare with adequate time for breaks and knowledge of rest stops on route to their destination.

"Fatigue is just as dangerous as drunken driving, some of the characteristics are similar," said Steve Sinatra, chief of safety for the 311th Human Systems Wing. "There is no amount of coffee, loud noise or fresh air that alleviates the need for rest prior to or during a trip. A good night's sleep before or pulling into a rest area during the trip and taking a short nap, if needed, is absolutely essential to motorists arriving alive at their destination."

It is also important for drivers to remember to wear a seatbelt and refrain from using their cell phones while driving. Drivers are encouraged to use a hands-free device whenever possible.

"We've seen it at least three times this year where Brooks City-Base personnel have minimized their injuries or even avoided death because they wore their seatbelts when they were involved in a motor vehicle accident. It works!" Mr. Sinatra said. "One death in this small community would be devastating to friends and coworkers and detrimental to our mission."

As the accessibility of outdoor fun presents itself to those who

wish to bask in the rays of the sun, fun-goers should remember to not only hydrate with water, but to replenish lost salt with a sodium-enriched snacks or sports drinks to avoid hyponatremia. Symptoms that may occur due to hyponatremia include nausea, muscle cramps, disorientation, and confusion. If not treated, it could progress to seizures, coma or even death.

Along with enjoying time at the beach, lake or pool, a common pastime during the long summertime days is the consumption of alcohol. In order to continue the party through the night, alcohol is sometimes mixed with energy drinks which may cause more harm than alcohol alone. The substances cause different reactions within a person's body which may cause confusion to the brain. While energy drinks are used to improve reaction time and performance, alcohol is a depressant and impairs judgment.

The key to remaining safe through these critical times is determining the right amount of risk, identifying where the risk is and acting accordingly. Start planning trips early, and engage in all sports and activities with a "safety first" state of mind in order to protect yourself and those around you. Planning carefully and using good common sense can reduce the risks of unnecessary mishaps and fatalities.



Leader of Heritage Foundation honored by South Chamber

By Rudy Purificato

311th Human Systems Wing

Brooks Heritage Foundation executive director Shelia Klein was honored May 19 during the South San Antonio Chamber of Commerce's 3rd Annual "Salute to Southern Sector Women" held at the Hyatt Regency Hotel.

Mrs. Klein was one of eight women honored this year, and only the second Brooks community member to be recognized for her work since the program began. The South Chamber, headquartered at Brooks City-Base, inaugurated the event in 2003 to formally recognize community leaders who have made a substantial impact on the city's southern sector in the areas of business, education, healthcare, music and the arts, finance and politics.

"You do what you do to make a difference. It feels really good," Mrs. Klein said, referring to recognition for her decades-long contributions. She was honored by the South Chamber mainly for her support of education and southern sector history.

"The thing I am most proud of is the scholarship program. Since we started it in 1993, we've awarded \$20,000 in scholarship funds to high school seniors," Mrs. Klein said.

She was instrumental in helping plan and implement the Brooks Heritage Foundation Scholarship program. More than two dozen students have benefited from the program. Additionally, 15 Brooks student aides have also received monetary awards to help them with college expenses.

Mrs. Klein was also cited for her work with educators as public relations director for the Challenger Learning Center of San Antonio.



Photo by Rudy Purificato

Diane Cortez (left), chairperson of the South San Antonio Chamber of Commerce, presents an award to Shelia Klein, executive director of the Brooks Heritage Foundation, during the "3rd Annual Salute to Southern Sector Women" May 19.

Since it opened in September 2000, thousands of students have participated in this science education-based program designed to improve their problem solving, communications and decision making skills.

Her work also includes having served as the founding committee member responsible for creating the first Aerospace Career Day at Brooks. This event has since attracted thousands of high school students who are exposed to career opportunities in science, math, technology, health and education.

She has also been a steward of Brooks heritage and Air Force history by promoting programs and activities in association with Hangar 9, the Aeromedical Evacuation Annex, Shriever Heritage Park and the Sidney J. Brooks Memorial.

Her primary mission at Brooks is to protect, preserve and enrich the heritage of Brooks City-Base by educating the public about the important role aerospace research and development here has played in Air Force history.



ERIC STEPHENS
311th Human Systems
Wing director

ACTION LINE

536-2222

The DIRECTOR'S ACTION LINE is your opportunity to make Brooks a better place to live, work and play.

If you have a suggestion for improvement, a complaint or a problem that you have not been able to resolve through normal complaint channels or the chain of command, call the **DIRECTOR'S ACTION LINE, 536-2222**.

Only items of general interest will be published, so please leave your name and number for a personal response.

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311th Mission Support Group—		Military Pay.....	536-5778
Logistics Division.....	536-3541	Civilian Pay.....	536-8370
Safety.....	536-2111	Inspector General (FWA).....	536-2358
BDA Housing Community Maintenance....	533-5900	Military Equal Opportunity.....	536-2584
BDA Housing Community Office.....	533-5905	EEO Complaints.....	536-3702
311th Services Division.....	536-2545	Brooks City-Base AF Project Office.....	536-3655
59th Medical Squadron (Clinic).....	536-4715	Brooks Development Authority.....	536-5366

AF launches civilian self-service system

RANDOLPH AIR FORCE BASE — The Air Force recently launched two self-service modules that will allow civilians to access their personnel information..

My Biz will provide civilian employees access and the ability to update information about themselves. My Workplace will provide military and civilian managers access to information about their staff.

"These modules provide enhanced access to personnel information by enabling civilians to access information they need immediately using the power of the Internet," said Col. James Sturch, Air Force Personnel Center director of civilian force integration. "These modules are a key part of our effort to transform the way we deliver personnel services and our goal to put information in the hands of those who own it."

My Biz allows employees secure, real-time, online access to view information such as benefits, awards and bonuses, and positions from

their official personnel records. In addition, employees may update their telephone number and e-mail address, disability codes, race and national origin (ethnicity and race identification), and foreign language proficiency online with My Biz.

My Workplace brings key information to civilian and military managers and supervisors about their employees together in one place, streamlining the human resources decision-making process and helping to balance managerial tasks with day-to-day demands more easily. My Workplace keeps managers and supervisors informed about their employees' personnel actions. With online access to employees' personnel information, managers are able to make budget decisions, manage staffing plans and work distributions more efficiently.

For more information about My Biz and My Workplace contact your local civilian personnel flight or visit the website at ask.afpc.randolph.af.mil.

AIRMAN AND FAMILY READINESS FLIGHT

HOME BUYING SEMINAR

June 6 — 10 a.m. - 1 p.m., Bldg. 537

Are you thinking of buying or selling your home? Learn how to use VA or conventional loans and how to invest in real estate. Bring your lunch and discuss the obstacles in buying or selling a home. Please sign up in advance.

GIVE PARENTS A BREAK

June 9 — 5 - 9 p.m., Bldg. 537

The Air Force Aid Society offers eligible parents a few hours break from the stressors of parenting. To be eligible for the program, families must be referred by any commander, first sergeant or chaplain. They can also be referred by the Family Support Center, Family Advocacy, Child Development Center or the Youth Center. Contact the Youth Center at 536-2515 to make reservation.

EFFECTIVE RESUMES

June 14 — 10:30 a.m. - 1:30 p.m., Bldg. 537

Learn the different resume styles and how to write and use them effectively to open career opportunities. Find out the do's and don'ts of resume development. Reminder to register in advance for this class plus all classes offered.

SINGLE PARENTS SUPPORT GROUP

June 19 — 11 a.m. - noon, Bldg. 537

Come join other single parents for lunch and an opportunity for enhancing personal growth, self-

confidence and sensitivity towards others by offering an environment for support, friendship and the exchange of parenting techniques.

SPONSOR TRAINING

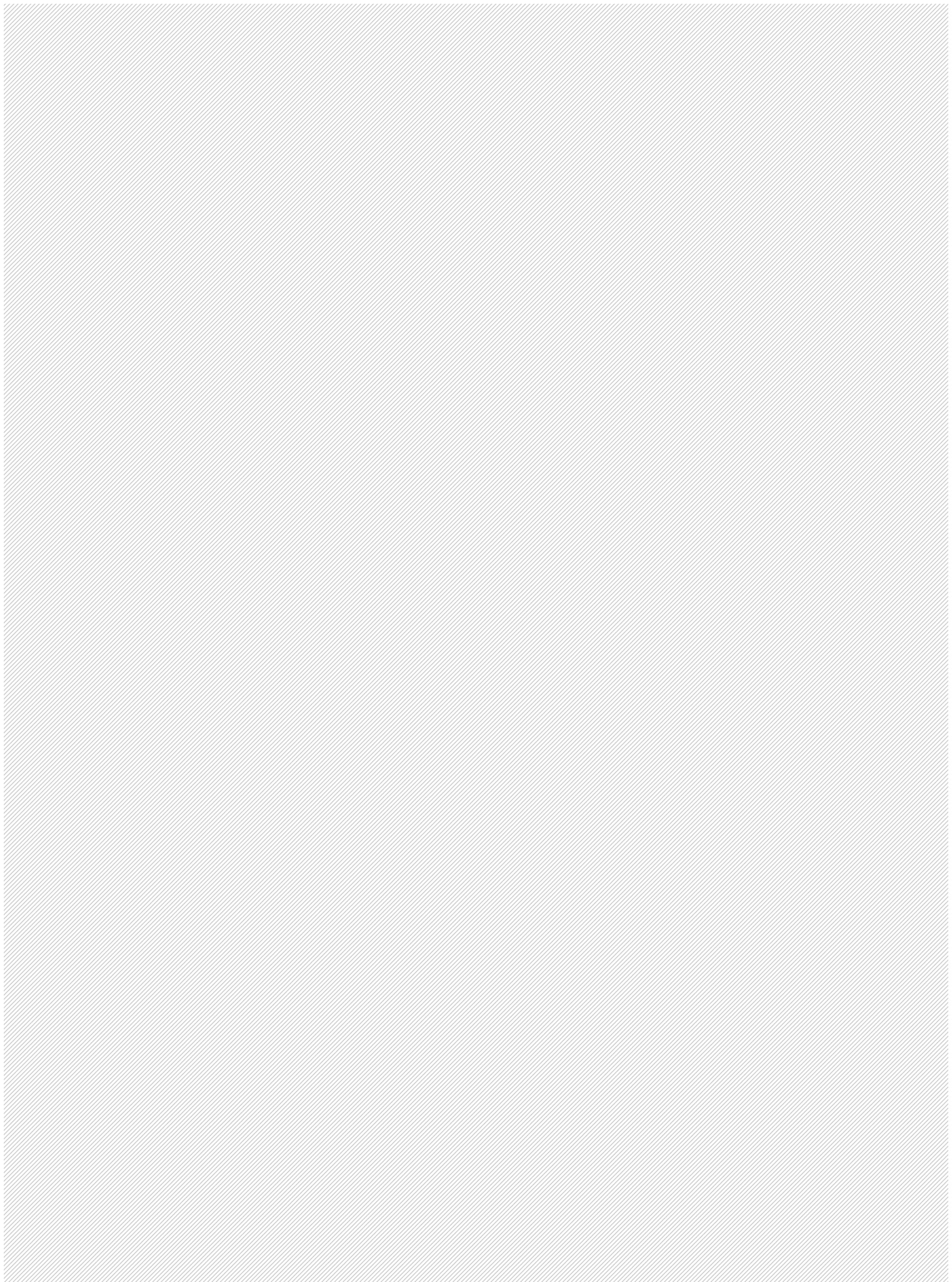
Mondays — 1 - 1:30 p.m., Bldg. 537

Sponsor training is mandatory of all first-time sponsors and those who have not sponsored within the past year. However, others are more than welcome to attend. Learn about tools and resources available for sponsors.

AIR FORCE ONESOURCE

The Air Force Onesource program, provided in partnership with Family Support Centers and other agencies, is designed to help active duty members and their family members cope with life's little and not so little issues, 24 hours a day, 365 days a year. Master's level consultants are available to speak with you, ALL calls will be answered live. The website, www.airforceonesource.com, provides information on numerous items of interest and utilizes a key word search engine. One can access informative articles, helpful tools, and audio tips on hundreds of topics. The toll free number is 1-800-707-5784.

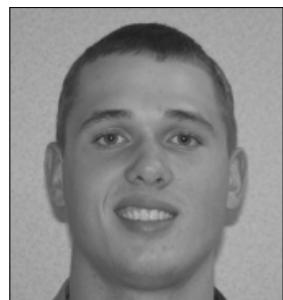
**To register for a class,
call 536-2444**





A LOOK AT BROOKS

What will you do
to stay safe
during the 101
Critical Days?



Airman 1st Class
Chris Banzet
USAFSAM

Staying in the air conditioning and drinking lots of water. I will drink a half canteen per hour not to exceed 12 canteens per day.



Airman
Victoria Santana
USAFSAM

I will hydrate and wear my DEET when outside. I will also practice operational risk management in all I do.



Airman Kevin Gregory
USAFSAM

I will stay away from outside activity if I see a black flag warning because it is too hot.



Tiffany Wiatrek
Youth Center

I will make sure the kids have enough water and if it is hot, they have to wear the appropriate clothing.



Tech. Sgt. Earl Morgan
AFOPO

Wear my seatbelt and obey the speed limit and make sure I have plenty of rest before long trips.

SHAKING THE TAILFEATHERS

Photo by Tech. Sgt. Alfonso Ramirez Jr.



With the help of Polynesian dancers, Master Sgt. Darrell Smith, first sergeant for the U.S. Air Force School of Aerospace Medicine, and a few other members of the Brooks team, demonstrate a traditional Polynesian dance. The dancing was part of an Asian-American Heritage celebratory luau May 18 at the picnic grounds.



BROOKS BRIEFS



Kids summer fitness camp

America's Kids Run Summer Fitness Camp will be conducted June 19-23 for children ages 9-13. The fee is \$10 per week and will consist of two daily sessions. Session 1 will be from 8 a.m. to noon and will be for Summer Day camp participants only. Session 2 will be from 1 to 5 p.m. and will be for all other children affiliated with Brooks City-Base. Youth will participate in different track and field events.

Summer Day Camp

The Youth Programs Center is currently registering Summer Day Camp. Camp started Monday and is held Monday through Friday from 6:45 a.m. to 5 p.m. Fees are determined by total household income. Breakfast, lunch and a snack are included in the fee. Field trips, computer time, outdoor play, arts and crafts, cooking activities and leisure time make up the camp day. For more information, contact the Youth Programs Center at 536-2515.

Base Swimming Pool now open

Get out the swimsuits, suntan lotion and beach towels and head for the base swimming pool. Season passes are on sale through the Fitness Center. They can also be purchased through the lifeguards. The daily user

fee is \$2. Season passes are \$10 per person and a family pass is \$50. Pool parties can be scheduled with the head lifeguard by calling 4-3744 after the pool opens.

Pool hours are:

Early Morning Swim (Wed, Fri) — 6:30-8 a.m.
Adult Lap Swim — 11 a.m. - 1 p.m.
Open Swim (weekdays) — 1-6 p.m.
Open Swim (Sat, Sun, holidays) — 11 a.m. - 6 p.m.

Brooks TOP 3

Brooks TOP 3 meets the third Wednesday of every month at 3 p.m. in the Brooks Club. The TOP 3 is open to all members grade E7 through E9 and all master sergeant selects.

Air Force Sergeant's Association

The Air Force Sergeant's Association, Chapter 1077, meets the second Tuesday of every month at 3 p.m. at the Brooks Club. AFSA membership is open to all Air Force enlisted members.

After School Program

The Youth Program Center's After School Program is conducted Monday through Fri-

day from 3 to 5 p.m. Drop-in spaces are available. Homework assistance, computer time, outdoor play, cooking activities and arts and crafts are offered to children. Fees are based on total household income. Call the Youth Programs Center at 536-2515 for more information or to register.

New hours at Cup-A-Joe Coffee Shop

New hours of operation — stop by the Cup-A-Joe Coffee Shop from 6:30 a.m. to 6 p.m. for that fantastic cup of coffee, smoothie, latte or one of the many other menu selections. Pastries and ice cream are also available for those who have a sweet tooth during the day. The shop brews Starbucks coffee.

Aerobics back on schedule

All Brooks personnel are invited to the fitness center to take part in aerobics classes.

Sessions are listed below:

Mondays	Kickboxing - 11:30 a.m.
	Step - 5 p.m.
Tuesdays	Circuit Training - 6:15 & 11 a.m.
	Spinning - 11:30 a.m. and 5 p.m.
	Power Stretch - 4:45 p.m.
Wednesdays	High Impact - 11:30 a.m.
	Power Stretch - 4:45 p.m.
	Step Interval - 5:00 p.m.

Thursdays

Circuit Training - 6:15 a.m. and 11:30 a.m.
Spinning - 11:30 a.m. and 5 p.m.
Power Stretch - 4:45 p.m.

Fridays

Step - 11:30 a.m.

New health appointment phone number for Brooks enrollees

Effective July 1, Brooks City-Base enrolled beneficiaries are required to call the San Antonio Consult and Appointment Management Office (CAMO) at 916-9900, from 6:30 a.m. to 4:30 p.m., to schedule an appointment with their primary care manager.

The office consolidates all patient appointment functions for all military medical treatment facilities within San Antonio. The CAMO ensures all medical resources are considered when matching patient needs to available healthcare services. This collaborative effort optimizes Army and Air Force healthcare resources in San Antonio to facilitate the best healthcare possible.

The local military treatment facilities must merge resources, establish processes and meet the demands of the complicated San Antonio military healthcare system, as it is essential to meet military missions and conserve resources. The office is committed to excellence in all medical services provided by the 59th Medical Squadron.



Taekwondo

their practical knowledge of the sport's principles along with mastery of forms and self defense techniques.

Among the most important aspects of the sport are speed and quickness. "I have the height and power, but I have to work on speed," he said of his training plan to prepare for international competition next year.

He also has to continue to maintain his mastery over the sport's rules changes. The changes were made in 2004 to speed up the sport while increasing spectator interest. Matches are now two minutes long instead of three. Ties are no longer decided by a judge, but during a two minute sudden death match. "I've had two sudden death matches in a row at the national qualifier. I won both, but it was tiring," Airman Bailey said.

from page 3

He also has to contend with new areas where an opponent can be hit to score points: the back and behind the head — as long as the blow does not hit the spinal chord. At the Olympic Games level, the sport becomes even more technical.

"During the Olympic finals, there's not a lot of kicking, but a lot of hoping around. Competitors plan their techniques on what is going to score. You have to think six moves ahead. It's like chess," he said.

He explained that positioning of the feet on the padded mat to make as little sound as possible is one of the sport's nuances, along with different movements to draw an opponent's reaction.

His reaction to being selected to the WCAP is of deep appreciation to the Air Force for giving him the grand opportunity.

Postal Service reissues Purple Heart stamp

By Army Sgt. Sara Wood

American Forces Press

Service

A new version of a postage stamp commemorating the Purple Heart and all those who have earned it was issued in a ceremony May 26.

At the ceremony, two veterans of the war in Iraq were awarded Purple Hearts by R. James Nicholson, secretary of Veterans Affairs.

"(The Purple Heart) celebrates the indomitable spirit of ordinary Soldiers in extraordinary situations; it embodies our country's earliest traditions of service and sacrifice," Secretary Nicholson said before presenting the Purple Heart to Army Spc. Michael Hilliard and Army Spc. Ian Wagner.

The Soldiers were wounded in Iraq while serving with the 101st Airborne Division and the 10th Mountain Division, respectively.

The stamp is a new version of the Purple Heart definitive stamp, first issued in May 2003 by the U.S. Postal Service. USPS is proud to recognize the Purple Heart with this stamp, because it reminds Americans of what people have suffered in the name of freedom, said John E. Potter, postmaster general and chief executive officer of the U.S. Postal Service.

"The award and the men and women it honors say so much about our nation," Mr. Potter said. "In reissuing this stamp today, we have 50 million chances to tell that story again."

About 100 Purple Heart recipients attended the ceremony at the invitation of the Military Order of the Purple Heart. James Randles, the order's national commander,



Photo by Army Sgt. Sara Wood

Officials from the Department of Veterans Affairs and the U.S. Postal Service unveil the new version of the Purple Heart definitive stamp at Arlington National Cemetery May 26.

thanked all those who made the reissuance of the stamp possible, and said that the stamp is very important because it is a recognizable symbol that has meaning to servicemembers of all ages from all services.

"It is the one medal wanted by few but worn by many," Mr. Randles said.

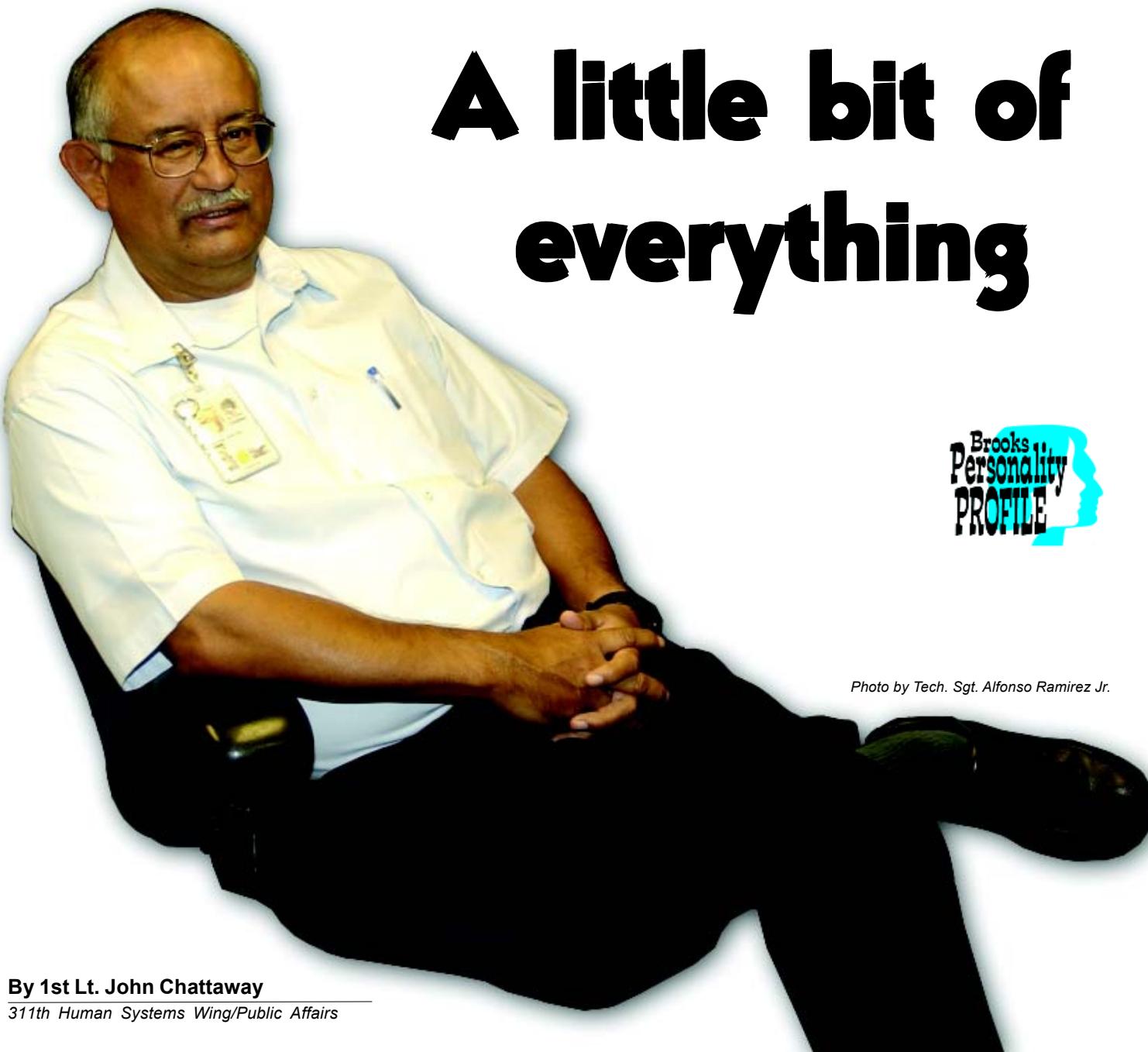
The Purple Heart is awarded in the name of the president to members of the military who have been wounded in combat or to the next of kin of those killed in action.

The stamp features the medal's image — a profile of George Washington on a purple background within a heart-shaped medallion. The stamp image is a photograph of one of two Purple Hearts awarded to James Loftus Fowler of Alexandria, Va. He was a lieutenant colonel in the 3rd Battalion, 4th Marines, when he received the Purple Heart in 1968 following action close to the Ben Hai River on the Vietnam border.

The new Purple Heart stamp went on sale nationally May 27.



A little bit of everything



**Brooks
Personality
PROFILE**

Photo by Tech. Sgt. Alfonso Ramirez Jr.



TELLO

Q&A

FULL NAME/RANK:
Santiago Tello

NICKNAME:
Jim

DUTY TITLE, ORGANIZATION:
*Information Systems Security Officer,
Air Force Research Laboratory*

**IN SIMPLE TERMS,
WHAT DO YOU DO?:**

I'm one of the AFRL ISSOs. We provide computer services to the computer users in AFRL. We process their System Access Request (SAR) coordinate their investigation with the Security Managers. We also ensure computer and network technical orders are applied and all computers are certified and accredited.

BIRTHDAY:
July 30, 1947

HOMETOWN:
San Antonio

FAMILY STATUS:
Married

INSPIRATIONS:
Abraham Lincoln, Sir Winston Churchill and Emiliano Zapata

PET PEEVES:
Litter bugs and graffiti

HOBBIES:
Birding, golf, military history and astronomy

I JOINED THE MILITARY BECAUSE:
I was second generation Navy as my father and Uncle served in the Navy during WWII. They instilled patriotism in me.

FIVE-YEAR GOAL:
Break 100 (while golfing) and obtain a paralegal degree. (The latter will probably happen before the former.)

ULTIMATE GOAL:
To do volunteer work with children with special needs.

MY GREATEST ACCOMPLISHMENT:
I volunteered for the Vietnam War, an unpopular war, but it tested our resolve against communism and it told the world we were willing to stand up to it.

IF I WON THE LOTTERY, I'D:
make a big donation to the Special Olympics, buy a sailboat and sail around the Horn.

By 1st Lt. John Chattaway

311th Human Systems Wing/Public Affairs

The crowd is roaring. Two street fighters square off. Punches and kicks are flying. The crowd erupts as the underdog wins. "Cut!" yells the director. "That's a wrap."

The lights come on in the studio and the noise dies down. Jackie Chan walks off the set of his first American movie, "The Big Brawl," filmed in Floresville, Texas, in 1980.

This was the scene Jim Tello got to witness first hand.

At the time, this Brooks information systems security officer was cast as a movie extra in the "uncontrollable" crowd.

"It was a lot of fun to yell and shake my fist," Mr. Tello said.

He must have done a good job because four years later he was cast again as a movie extra doing the same thing in the movie 'Cloak & Dagger,' also filmed in Floresville.

When asked why he wanted to do this, Mr. Tello shrugged and said, "I like to do a little bit of everything."

Doing a little bit of everything started right out of high school. Mr. Tello graduated from Edgewood High School in 1965. "Vietnam was going on and you either went to college or went to war," he said. So with three years of JROTC under his belt, Mr. Tello enlisted in the U.S. Navy as a signalman.

"I was idealistic and out to change the world. Instead, Vietnam came along and changed me."

Mr. Tello said it was an interesting time, but also a difficult time. "At one point during my active duty career, I was aboard the USS Mt. McKinley working in the communications room and I basically had a front row seat of Vietnam," Mr. Tello recalled. "I got to see and hear a lot of the good, positive things we were doing there that made it all worth while. Unfortunately, not a lot of people saw it."

During his four-year active duty and 18-year reserve career, Mr. Tello served aboard four ships; the USS Sandoval, the USS Mt. McKinley, the USS McCord and the USS Cook.

"The USS Sandoval was probably my favorite," Mr. Tello said. "Mainly because it was my first. I was 19 years old, right out of high school and I was sailing to Europe. The whole crew got along great and I served under one of the best skippers, Capt. Frederick Turner."

The other ships bring back memories as well. "I was aboard the USS Cook when we started bombing Iraq during the first Gulf War," Mr. Tello said. "When this war started (Gulf War II), I called my recruiter and asked if I could get a piece of the action, but he said I was too old," he added with a laugh.

When Mr. Tello left active duty in 1969, he remained in the reserves and began his civil service career at Kelly Air Force Base working in the air freight terminal and later in the computer facility at building 200. It 1987 he moved to Brooks and has been working here ever since.

At Brooks, he began working as the computer operations supervisor in the old Human Resources Lab and now works for the Air Force Research Lab as the ISSO.

"As an ISSO, I do the certification and accreditations for all the computers in AFRL here at Brooks," Mr. Tello said. "I work with our IT shop to ensure Network Tech Orders are applied and I'm the first and last person anyone sees when they report aboard, because I also process new users into our network and check them out when they leave."

Mr. Tello has a long list of community service. He was a reserve deputy sheriff for 12 years. When he was stationed in the Philippines in 1969, he

was in charge of Project Schoolhouse, which sponsors village children by buying supplies and other things they need for school. He also made rice runs for local churches there.

When not working or volunteering, Mr. Tello is spending time with his children. "I have a daughter in High School and I'm very interested in everything she does," he said.

Mr. Tello will officially retire next year with 41 years of government service under his belt.

"I've had a great career and had the privilege to work with some of the finest people I'll ever meet," he said. "When I was at Kelly, I worked with a lot of World War II veterans. They taught me to live life full throttle. To enjoy it while you can because it can be over in a second."

So what's next?

"I'm at the twilight of my career," said Mr. Tello. "Us Baby Boomers, when we retire, we start a new career. I've got to stay busy. I'm not ready to roll over and die yet."

Mr. Tello is strongly considering going to law school.

"I really enjoy what the paralegals do," he said. "Sadly, most of the people that are in jail are poor, and that shows what's wrong with our legal system."

When asked by his mother what he plans on doing after retirement, Mr. Tello responded,

"I told her I either want to be a greeter at Wal-Mart or a movie star. She replied 'I'll take a basket please.'"

So whether it's on the big screen, in the court room or spending time with his family, Mr. Tello just wants to be remembered as someone who likes to help out. And someone who likes to do just about everything.



Brooks habitat promotes life 'on the wild side'

(Editor's note: This feature is the first article in a two-part series on Brooks City-Base's natural history.)

By Rudy Purificato

311th Human Systems Wing

The common saying "it's a jungle out there" appears to apply somewhat to an increasingly diverse ecosystem at Brooks City-Base that is allowing life to develop 'on the wild side.'

Amidst mesquite and live oak trees, native grasses and small isolated wetlands, an abundance of life flourishes here. It exists in the midst of the base's evolution as a one-of-a-kind business and technology park.

Brooks habitat's continuing metamorphosis is rooted to its past. Following adaptation's course, the region that today features a variety of plant and animal species, was once part of an inland ocean millennia ago. Recent evidence unearthed in the vicinity by paleontologists reveals biodiversity existed here during prehistoric times. Just south of Brooks near the Medina River, woolly mammoth bones were discovered in 2001 by Texas A&M University scientists. The remains of a rare and ancient ring-tailed cat were also found nearby.

Today, the base's habitat continues to evolve as the northern branch of the Texas savanna brushlands. The flora and fauna of the area is not just surviving, but is thriving, according to Brooks Development Authority environmentalist Greg Hammer.

"The goal is to plan and design development in an environmentally sensitive way to continue attracting desirable wildlife," said Mr. Hammer, a biologist who has worked at Brooks since 2002.

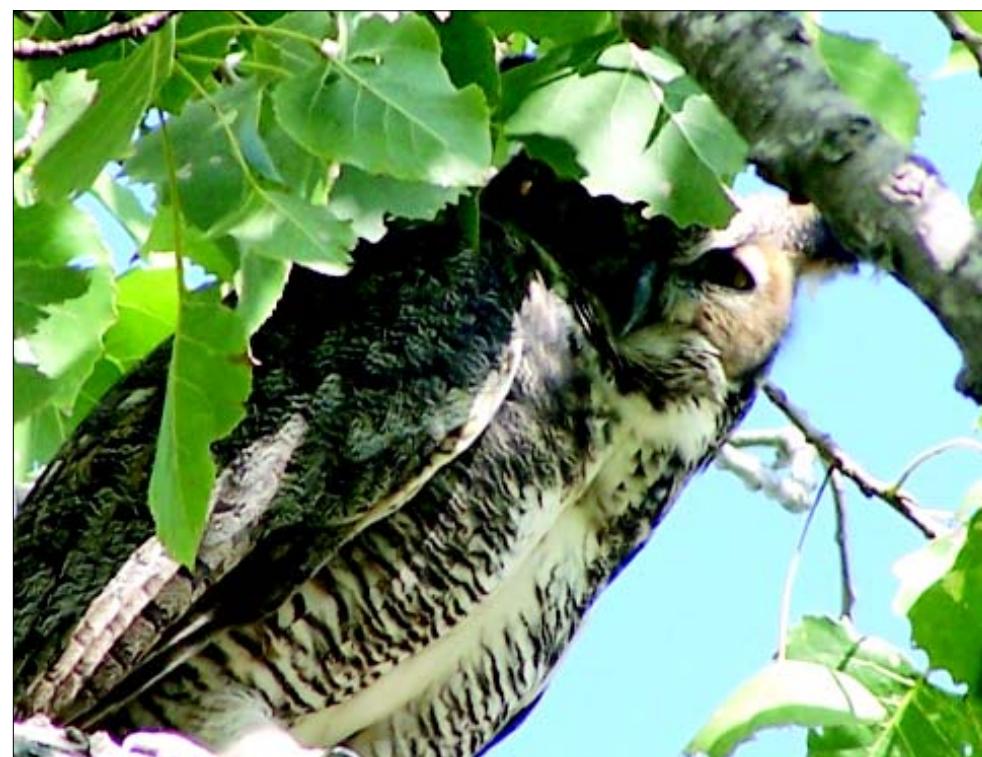
He credits natural resources consultant Steve Clark for City-Base

environmental conservation. "His whole premise was to grow development gracefully by not disregarding the natural environment," Mr. Hammer said.

Mr. Clark's enthusiasm for and recognition of Brooks as a natural resources 'gold mine' was infectious. "The plan was not to let it (resources) disappear," Mr. Hammer said, adding that Mr. Clark's recommendations led to the Brooks natural resources plan for development on unimproved land in an urban area.

Mr. Clark's inspiration for helping preserve the base's natural resources became his epitaph. "Three days after he told us about his plan, he passed away at age 51 from a stroke," Mr. Hammer said.

During Mr. Clark's last Brooks visit, he found an adult red-tailed hawk devour-



Photos by Greg Hammer

The owl is just one of many exotic species of birds that have made a home at Brooks City-Base. The base's wildlife habitat continues to grow, as the flora and fauna are thriving, providing birds and animals a an inviting environment.

ing a dead pigeon near the old main gate. Mr. Hammer recently found a pair of red-tailed hawk chicks prospering in their nest near the Tejeda Directed Energy Bioeffects Laboratory. The discovery validated to Mr. Hammer, an avid birder, what he already knew. For years, the base has been a sanctuary for all sorts of birds seeking refuge from surrounding urban sprawl.

"Brooks has a large amount of song and shore birds," Mr. Hammer said. So much so, that an estimated 200 species,

representing about half the National Audubon Society's list for Bexar County, have been sited at Brooks.

They include exotic species such as European starlings and native species of heron, blackbirds, flycatchers, woodpeckers, orioles, warblers, buntings, cardinals,

mockingbirds, finches, kingbirds, hummingbirds and owls. Among the waterfowl and shore birds that migrate here are great egrets, mallards, northern shovelers, eared grebes and killdeer. Brooks' birds of prey, also known as raptors, include Cooper's hawk, osprey and the crested caracara or Mexican eagle.

Geography and environmental conditions are responsible for making Brooks an attractive landing zone for nature's feathered friends. City-Base is situated about midway in North America's Central Flyway for migratory birds traveling between Canada and Central America. Waterfowl are naturally attracted to the low water shallows and mudflats that nearby Mitchell Lake provides. They've also found Brooks wetlands, featuring the



This black-necked stilt has made his homes near the new ponds that are part of the DPT Laboratory complex under construction.

golf course and FamCamp ponds, to their liking.

"Black necked stilts have found a new home at Brooks," said Mr. Hammer, re-

ferring to five acres of surface water contained in new ponds that are part of the DPT Laboratory complex under construction. "The ponds were designed on the original master plan for drainage improvements before the base conveyance. The site needed storm water detention." He said the pond system helped attract DPT to the site. The ponds also attracted shore birds that have found in their digging there something that keeps bringing them back.

"We were careful in designing these ponds. We didn't want to dig a shallow

hole, fill it with water and hope for the best. We determined there was a need for an ecologically functioning system to limit the amount of (grounds) maintenance and attract migratory birds," Mr. Hammer said. Pond landscaping, featuring aquatic plants, is also planned.

Manmade structures here have, historically, attracted nesting species. "On the floor of a C-130 fuselage used by EMEDS were rodent skulls and bones," said Mr. Hammer, who identified the bird species responsible for the debris that included pellets. "Barn owls regurgitate pellets that contain undigested prey's fur and bones."

Barn swallows have for years nested in building eaves here. "The Migratory Bird Treaty Act prohibits removal of their nests during the nesting season," said Mr. Hammer about this beneficial species that eats a lot of insects. Like their kin who flock every year to Capistrano, Calif., Brooks' swallows apparently have turned buildings on The Hill into a 'time share' every spring.

Bird management, however, is an important feature in Brooks natural resources preservation. "We trap cowbirds that have a negative impact on native species," Mr. Hammer said.

Described as social parasites, cowbirds lay eggs in song birds' nests and rely on them to raise their young. They lay up to 70 eggs a year.

The Texas Parks & Wildlife Department launched the cowbird trapping program to help mitigate the potential negative impact on endangered bird species.

"We started trapping them in March. We deliver them to Last Chance Forever conservatory, a rehab center north of San Antonio for birds of prey," Mr. Hammer said.



A pair of red-tailed hawk chicks are prospering in their nest near the Tejeda Directed Energy Bioeffects Laboratory. The discovery of the chicks indicates the base is a sanctuary for all sorts of birds seeking refuge from surrounding urban sprawl.



SPORTS

68th IOS crowned Sports Day champs

By Rudy Purificato

311th Human Systems Wing

The 68th Information Operations Squadron dominated the running events to capture its first Sports Day crown May 19.

Led by former Clemson University track star, Airman 1st Class Cameron Akers, and the comparably fast Staff Sgt. Monigua Chester, the 68th IOS blew away the competition in the 100-meter dash, 4x100 relay run, the 5K run and the newest event – the four-team relay.

The 68th IOS team total of 53 points represented the largest margin of victory since Sports Day was founded. The defending Sports Day champion Human Systems Group, which has won it a record four times, finished a distant second with 41 points.

"They (68th IOS) dominated the running events. It wasn't even close," said fitness center specialist Bill Fencl. It was the first time in Sports Day history that one team swept all the running events. The 68th IOS also was double winners in the men's and women's divisions of the 100-meter dash and 5K Run. Speed also helped them win 4-on-4 flag football.

HSG won four events to place second: tennis, volleyball, onepitch softball and tug-of-war. The U.S. Air Force School of Aerospace Medicine finished a half point ahead of the Air Force Research Laboratory for third place. Their final tally rep-



Employees of the 68th Information Operations Squadron celebrate their first-ever Sports Day championship. Led by several speedsters, the team won all the racing events — the 100-meter dash, the 5k run and both relays. Eric Stephens, director of the 311th Human Systems Wing, presents the group with the coveted trophy.

Photos by Tech. Sgt. Alfonso Ramirez Jr.

FINAL STANDINGS

68th IOS	53
HSG	41
USAFSAM	26.5
AFRL	26
AFIOH	25.5
311 HSW	21
MSG	17
FM	15

resented a bit of an upset with respect to a perennial contender that finished behind them.

It has been years since the Air Force Institute for Operational Health, a three-time Sports Day champion, finished out of the top three. AFIOH finished fifth by

winning the majority of its points in men's and women's racquetball and splitting first place points for golf with USAFSAM.

"It was different this year. We didn't have as many people and teams competing," said Mr. Fencl, adding that those who competed did so with great enthusiasm.



Members of the 311th Human Systems Wing attempt to climb in the Sports Day standings with a win in the tug-of-war event. But the team missed the opportunity and the finished in sixth place overall. The Human Systems Group won the tug-of-war and placed second overall.

Academy senior wins NCAA regional title

U.S. Air Force Academy senior Dana Pounds used a meet-record javelin throw of 186'10" to earn her second straight title at the NCAA Midwest Regional Championships May 26, in Austin. Battering the runner-up by over 13 feet, Pounds qualifying for her third consecutive trip to the national championships.

Pounds set a new Midwest Regional record on her first toss of the afternoon, recording a 180'10" to surpass the previous meet record of 176'8" that Katy Doyle (Texas A&M) set in 2004. After passing on the next two attempts, Pounds broke that record with the winning mark of 186'10".

The mark guarantees Pounds a chance to defend her national title at the 2006 NCAA Championships June 7-10.



Courtesy photo

Dana Pounds set a record mark of 186'10" in the javelin toss at the NCAA Regionals.

Injuries plague Brooks at softball tournament

By Rudy Purificato

311th Human Systems Wing

Despite injuries to key players, the Brooks men's varsity softball team overcame adversity while gaining their opponents' respect during the 16th Annual Band Aid Tournament held at Peterson Air Force Base, Colo., May 17-21.

Finishing eighth out of 12 teams with a 3-4 record, the Brooks squad redeemed themselves after having not won a game during last year's tournament. Wright Patterson AFB repeated as tournament champions.

"We were seeded fourth going into double elimination. We didn't have any hitting in the double elimination round. Had we played to our potential, we could have come back with a trophy," said Warren Benge, a third year player who also serves as assistant coach.

He said the team was confident about their chances to possibly win the tournament based on the squad's first winning season in many years. Brooks carried a 9-6 season record into the tournament.

They started off strong with a 21-13

win against the Academy Firemen during the tourney's opening round, followed by a 22-2 victory over the Air Force Academy 'B' team. Then they ran into trouble, losing their first contest 27-19 to the tourney's eventual champion, Wright-Patterson. Brooks lost two in a row when they dropped a heartbreaker to Offutt AFB 9-8.

The Brooks squad, however, shocked the Colorado Springs Retirees, which finished second in the tourney, defeating them 21-20.

However, Brooks was eliminated after losing to the Air Force Academy 'A' team and Offutt AFB

by scores of 13-7 and 14-8.

"It didn't help that three of us were injured either in the last game on Friday or the first game of the double elimination," says Benge, describing himself, shortstop Jim Simonds and catcher Jason Vendola.

All three suffered hand injuries, which according to Benge, affected their hitting. It didn't, however, affect the team's morale or commitment to playing hard. "Overall the tournament was a good experience," said Benge. He said the team learned a lot about themselves and their potential.